

# THE SOVEREIGN MORNING STACK: 60-MINUTE COGNITIVE IGNITION

Your Guided Step-by-Step Morning Protocol for Circadian Alignment,  
Dopamine Baseline Protection, and Deep Work Launch

## WELCOME — LET ME WALK YOU THROUGH THIS PLAYBOOK

Welcome! How you spend the first 60 minutes after waking dictates your neurochemical baseline for the next 14 hours. Instead of surrendering your prefrontal cortex to notifications in bed, let me walk you through the exact 3-part Sovereign Morning Stack.

## YOUR 7-DAY QUICK-START DEPLOYMENT PLAN

- **Days 1–2:** Walk through Module 1 below, customize the production prompt template, and complete the guided worksheet lines.
- **Days 3–5:** Walk through Module 2 and run your first 3 real-world batches with human-in-the-loop quality review.
- **Days 6–7:** Complete the Final 30-Day ROI & Workflow Audit on Page 4 to lock in your weekly time savings.

# Phase 1 (Minutes 0–20): Biological & Circadian Ignition

## YOUR COACH'S STEP-BY-STEP WALKTHROUGH

Before touching any digital screen, we send three unmistakable wake-up signals to your suprachiasmatic nucleus and adrenal system.

### 1. THE 3-STEP EXECUTION PROTOCOL

- Step 1 (Hydration + Minerals): Drink 500ml of water with a pinch of sea salt or electrolytes to replenish nocturnal fluid loss.
- Step 2 (Outdoor Sky Photons): Step outside for 5–10 minutes of natural sky light without sunglasses to anchor your cortisol peak and tonight's melatonin timer.
- Step 3 (Phone Airlock): Keep your phone in another room or in Airplane Mode until Minute 60.

### 2. COPY-AND-PASTE PRODUCTION PROMPT / ARCHITECTURE

MORNING AIRLOCK RULE: "My phone does not exist until I have hydrated, viewed natural daylight, and written my #1 Keystone Deliverable on paper."

### 3. GUIDED IMPLEMENTATION WORKSHEET — *Fill out these lines to deploy this module today:*

1. Where will my water glass and this guide sit tonight so I see them before my phone tomorrow?

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2. Where will I step outside for 5 minutes of morning sky light?

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3. What time will my 60-Minute Morning Airlock officially end each day?

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# Phase 2 (Minutes 20–60): Analog Triage & First Deep Sprint Ignition

## YOUR COACH'S STEP-BY-STEP WALKTHROUGH

Now that your biology is awake and your dopamine baseline is unspoiled by scrolling, we transition straight into your highest-leverage work.

### 1. THE 3-STEP EXECUTION PROTOCOL

- Step 1 (The 2-Minute Brain Unload): Write down any lingering thoughts on paper so your working memory is clear.
- Step 2 (The Single Domino Selection): Name the ONE deliverable that makes today a win before opening any inbox.
- Step 3 (The 120-Second Micro-Start): Start your first focus block with a 2-minute rough draft step.

### 2. COPY-AND-PASTE PRODUCTION PROMPT / ARCHITECTURE

DAILY KEYSTONE QUESTION: "If I could only move ONE project forward during the next 90 minutes before checking messages, which one creates the highest return?"

### 3. GUIDED IMPLEMENTATION WORKSHEET — *Fill out these lines to deploy this module today:*

1. My #1 Keystone Project for the next 7 mornings:

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2. The 2-minute physical first step I will take each morning to launch into flow:

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3. How my focus feels when I protect the first hour (1–10):

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# YOUR 30-DAY AI IMPLEMENTATION & ROI WORKSHEET

## COACH'S FINAL WALKTHROUGH — FROM READING TO SHIPPING

Information without execution is just entertainment. Before you close this playbook, let's lock in the exact 30-minute block on your calendar where you will test Module 1 and Module 2 in the real world—and track the hours you win back over the next 4 weeks.

### 1. MY FIRST 48-HOUR PILOT EXPERIMENT

The exact day and 30-minute time slot I am blocking to run Module 1 for the first time:

The real project, client task, or campaign I will use as my test case:

How I will verify quality and keep my authentic human judgment in the loop:

### 2. 4-WEEK TIME-SAVINGS & QUALITY LOG

Week 1 Result (Hours saved & prompt adjustments made):

Week 2 Result (Second workflow added & bottleneck removed):

Week 3–4 Result (Total monthly hours reclaimed & next standard operating procedure):